



Facts about crypto

- “**Crypto**” is short for cryptosporidiosis.
- Crypto is a **diarrheal disease** caused by very small germs called parasites.
- Swallowing **recreational water** that is polluted with crypto is a common way that crypto is spread. Recreational waters include swimming pools, splash pads, fountains, hot tubs, Jacuzzis, lakes, rivers, springs, ponds, or streams.
- Symptoms of crypto begin **2-10 days** (average is 7 days) after infection.
- The most common symptom of crypto is **watery diarrhea** that can last for 2 weeks or longer. Other symptoms include dehydration, weight loss, stomach cramps and pain, fever, nausea, and vomiting.
- Crypto can cause serious illness in **young children** or those with a weakened immune system.
- Crypto is very contagious. Always **wash your hands** with soap and water after using the toilet and changing diapers.

For more information

Contact:

Utah Department of Health and
Human Services

Office of Communicable Disease

(801) 538-6191

<https://epi.utah.gov/>

or

Your local health department

<https://ualhd.org/>



Utah Department of
Health & Human Services
Population Health

Healthy swimming

Information about waterproof
swim pants and swim diapers



Prevent the spread of
cryptosporidiosis

Swim diaper fit



Proper diaper hygiene to prevent crypto in the pool

State pool rule

Exposed swim diaper



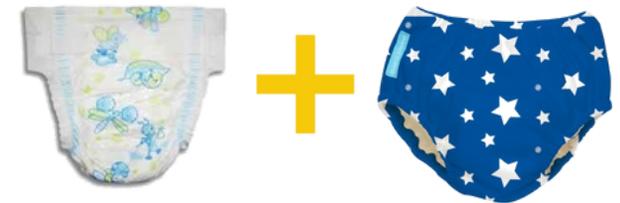
Correctly fitted



- **Do not** take your child swimming if they have diarrhea. A diaper (no matter how good) will not stop diarrhea from getting into the water.
- **Wait 2 weeks** after diarrhea has stopped to go swimming.
- While swimming, **check and change** your child's diaper often.
- Change diapers in the bathroom. **Do not** change diapers at the poolside.
- Wash your **child's bottom** with soap and water after a diaper change.
- Wash your **hands** with soap and water after changing a diaper.
- Make sure the waterproof swimwear **completely covers** the water resistant swim diaper worn underneath.
- Make sure the waterproof swimwear **fits snugly** around the child's waist and legs.

Waterproof swimwear and swim diaper requirements

"Any child under three years old, any child not toilet trained, and anyone who lacks control of defecation shall wear a water-resistant swim diaper and waterproof swimwear that has waist and leg openings fitted such that they are in contact with the waist and leg around the entire circumference."



Pool rule R392-302. Located at: <https://adminrules.utah.gov/public/rule/R392-302/Current%20Rules>